

Food - Historic recipes (Copy #2)

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PIONEER RECIPES

SELECTED FOR MICHIGAN WEEK

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ESPECIALLY ADAPTED FOR MODERN KITCHENS

SECOND EDITION REVISED AND ENLARGED

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SOME MICHIGAN PIONEER RECIPES

These are recipes used by Michigan families for several generations and have been selected because they feature the use of Michigan products and represent adaptations to the conditions found in the State during the early days of its settlement. The only changes are the modernization of measurements and a description of the methods for combining ingredients.

The first edition of this booklet was produced in 1956 and the demand was so great that the supply was soon exhausted. It was felt, therefore, that another and enlarged edition might be well received.

It seems difficult to find a steamer in the stores, so the directions for making one are included. Not only is such a utensil useful for making the recipes given in this booklet, but it serves very well for warming leftovers without drying them.

Select a pan or kettle and fit a second deep kettle with a flat bottom on top of, or slightly into, it. An 8-cup aluminum basin and a 6-quart aluminum kettle with a tightly fitting cover were used in preparing the recipes given here. The bottom of the large kettle was perforated with small holes by drilling at regular intervals with a fine drill--1/8 inch or larger. If the holes are drilled from the inside out, the slight burr may be removed with emery cloth and a fine file and there will be no danger of scratching hands or furniture. A 6-cup aluminum basin was used as a pudding pan and fitted comfortably into the kettle. A sheet of aluminum foil made a good cover for this inner pan.

In use, 4-6 cups of water were poured into the lower pan, the perforated kettle was placed over it, covered, and the water brought to a boil. The covered pudding pan with its contents was placed inside, the kettle covered again and left undisturbed for the required cooking time. Should the lower pan threaten to boil dry before cooking is completed, the upper kettle may be gently removed enough to allow boiling water to be added, then replaced. On no account should the cover be lifted until the cooking time has passed.

M E A T S

FRIED CHICKEN WITH STEAMED DUMPLINGS

Select a stewing chicken and disjoint. Place all but the liver in a deep kettle and cover with water. Cover and bring to a boil, add salt and pepper to taste and cook gently until meat is tender.

Pour liquid into a large frying pan and boil to about 1/3 the quantity. Add chicken, including liver, and continue to boil until chicken is brown, turning pieces so they brown evenly. Watch that meat does not stick to pan. When browned sufficiently, remove meat to a warm platter, pour off grease and brown the drippings in the pan.

Add 3 cups cool water and simmer, stirring up the brown drippings as they loosen. Mix 3 tablespoons flour with enough cold water to make a thin paste. Stir into simmering liquid and cook, stirring constantly, until thickened. Salt to taste. Serve with steamed dumplings.

STEAMED DUMPLINGS

2 cups flour
4 teaspoons baking powder
1 teaspoon salt

2½ tablespoons shortening
1 cup milk

Sift dry ingredients together, cut in shortening and add milk slowly to make a soft dough. Pour in greased 6-cup basin, cover and put in a steamer over boiling water. Cover and steam 2 hours. Turn out on a plate, break off servings with a fork and cover with gravy.

Leftover dumplings may be used later by steaming for 20-30 minutes.

COUNTRY-FRIED SALT PORK AND CREAM GRAVY

Slice salt pork in $\frac{1}{2}$ inch slices and freshen, either by allowing slices to stand in cold water to cover for several hours, or by covering with cold water and slowly bringing to a boil. Pour off water and drain slices of meat.

Lightly beat 1 egg, add 3 or 4 tablespoons of milk, and dip meat slices in this mixture. Drain slightly and roll in flour. Place in cold frying pan and fry slowly over low heat until well browned and crisp, turning as necessary to brown both sides.

When meat is done, remove from frying pan to warm platter, and pour off grease. To the brown drippings left in the pan, add 2 tablespoons of flour, blending with the drippings. Add, gradually, 1 to $1\frac{1}{2}$ cups of milk, stirring constantly over slow heat until gravy is smooth and thickened. Add more milk if necessary to make gravy desired consistency. Serve over boiled potatoes with the meat slices.

HAM PICKLE

This pickling brine may be used to prepare hams, bacon, side pork and corned beef. For smaller quantities of meat, reduce the proportions accordingly.

For 100 pounds of meat:

8 pounds coarse, or 10 pounds fine, salt
2 ounces saltpeter
3 pounds sugar
4 gallons water

Dissolve salt, saltpeter, and sugar in the water. Submerge meat in brine so it is completely covered and let stay 6 weeks. At end of that period, ham and bacon are smoked. The side pork may be taken directly from the brine, sliced $\frac{1}{4}$ to $\frac{1}{2}$ inch thick and fried slowly until well browned on both sides. The corned beef is soaked in fresh cold water or parboiled to freshen it slightly, then boiled until tender.

VEGETABLES

MICHIGAN BAKED BEANS

Soak 2 cups dried navy beans in water overnight. In the morning cover with water, add about $\frac{1}{4}$ pound of freshened salt pork, place over medium heat and cook until beans and meat are tender. Remove meat, and turn beans into baking dish. Add 1 tablespoon granulated sugar, salt and pepper to taste, and 1 teaspoon ground mustard. Top with slices of the boiled salt pork. Add enough of the liquid in which the beans were cooked to reach to top of the beans and bake at 350°F. for 1 $\frac{1}{2}$ to 2 hours or until meat is browned and liquid has been largely absorbed.

SPRING GREENS

Gather about 2 pounds of the tender leaves of narrowleaf dock, tender plants of lambsquarters and a few dandelion leaves. Wash thoroughly in several waters. Place in kettle with about 1 cup of the water in which a ham bone has been boiled. Cook for 15-20 minutes, lift out, drain, and serve with vinegar or lemon juice.

NEW POTATOES WITH GREEN BEANS

Cook 1 cup of cut, fresh string beans in salted water until tender. Scrape new potatoes and dice, allowing about 3 cups for 4 persons. Boil until tender. Drain both beans and potatoes and keep warm while making a rich white sauce. Add potatoes and beans in sauce, salt and pepper to taste, and let heat thoroughly, but stir very little. Let stand a few minutes to blend flavors before serving.

RICH WHITE SAUCE

Melt 3 tablespoons butter in large saucepan, add 2 tablespoons flour and blend. Gradually add 1 to 1½ cups rich milk and cook, stirring constantly, over low heat, until sauce is thick and smooth. More milk may be added if desired.

B R E A D S

JOHNNY CAKE

2 cups sour milk	2 cups corn meal
1½ cups flour	2 teaspoons soda
1 teaspoon salt	1/3 cup sugar
1 tablespoon lard, melted	1 egg (may be omitted)

Sift cornmeal, flour, salt, sugar and soda together. Add milk, egg, melted lard and stir well. Pour into greased square loaf pan and bake at 400°F. for 25-30 minutes or until slightly browned. Serve hot.

WHITE BREAD

1½ cup milk	3 teaspoons salt
1½ cup water	1 compressed yeast cake or 1
3 tablespoons shortening	package dry yeast
3 tablespoons sugar	9 cups flour

Scald milk, add salt, sugar and shortening and stir until shortening is melted and salt and sugar dissolved. Add cold water and allow to stand until lukewarm.

Dissolve yeast in $\frac{1}{2}$ cup warm water. Add to lukewarm mixture in a large bowl. Add flour gradually, beating thoroughly after each addition. Cover and let rise in a warm place until double in size. Stir down and let rise again. Turn out on floured board and shape into loaves. Put in greased bread pans and let rise until double in size. Bake at 375°F. 45 minutes or until brown. Turn out of tins, brush with butter and let cool. Yield: 2 medium-sized loaves.

BROWN BREAD

2 cups buttermilk or sour milk	3 cups graham flour
2 teaspoons soda	1 cup white flour
1 teaspoon salt	$\frac{1}{2}$ cup sugar
1 tablespoon shortening	1 egg, beaten

Mix dry ingredients together, add shortening. Stir soda into milk and add to other ingredients, stirring only until well moistened. Add beaten egg and bake in greased loaf pan at 325°F. 1 hour. Turn out of pan and cool. Raisins or chopped dates may be added if desired.

D E S S E R T S

MAPLE PUDDING

2 cups milk	½ teaspoon salt
3½ tablespoons cornstarch	½ teaspoon vanilla
3/4 cup maple syrup	

Combine milk, maple syrup, cornstarch and salt in a saucepan. Cook over low heat, stirring constantly, until thickened. Add vanilla and pour into serving dishes. Cool and serve with cream.

BREAD PUDDING

1 cup bread crumbs	2 tablespoons sugar
3 cups milk	½ teaspoon salt
1 egg	1 teaspoon ground cinnamon

Combine bread crumbs, milk, sugar and seasonings in a casserole. Add beaten egg and blend. Bake at 325°F. 1 hour. Serve with sweet sauce.

SWEET SAUCE FOR BREAD PUDDING

Combine 1 cup sugar and 1 tablespoon flour in saucepan. Add 1 cup hot water and bring to a boil, stirring constantly. When transparent-looking, add 1 cup hot water. Season with ground nutmeg.

MINUTE PUDDING

Place 2 to 3 cups of milk in a saucepan and bring to a boil. Salt generously. With the hand, take up flour and slowly add to boiling

milk, stirring gently but not so as to break up the small lumps which form. These lumps form the texture of the pudding. When sufficient flour has been added to make a moderately stiff batter, allow to simmer over low heat for a short time, then fold in a beaten egg. Remove from flame and serve hot with brown sugar and rich cream.

INDIAN MEAL PUDDING

3/4 cup bread crumbs
5 cups milk
3/4 cup corn meal
2 eggs

1 cup sugar
1/3 teaspoon ground ginger
1/2 teaspoon salt

Soak bread crumbs in milk, then heat in a frying pan and stir in corn meal. When slightly thickened, remove from heat and stir in other ingredients which have already been mixed together. Pour in baking dish and bake at 325°F. 1 hour. Serve hot, either with cream or whipped cream, or ice cream.

BLACK RASPBERRY STEAMED PUDDING

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
2 1/2 tablespoons shortening

1 cup milk
1-1 1/2 cups fresh, black raspberries, washed and drained. (If canned fruit is used, drain off juice.)

Sift dry ingredients together, cut in shortening and add milk gradually to make a soft dough. Divide dough in thirds and spread 1/3 on the bottom of a well-greased 6-cup pan. Add half the berries, cover with second 1/3 of the dough and add remaining berries. Place remainder

of dough on top, cover and place in steamer over boiling water. Steam 2 hours without opening.

Turn out of pan, cut in serving pieces and serve hot with sugar and cream.

Red raspberries, blackberries or blueberries may be used in place of the black raspberries if desired.

CREAM APPLE PIE

Line pie pan with favorite pastry. Peel and quarter sufficient apples to fill pan, setting the quarters as close together as possible in a single layer. Pour over the apples 1 cup sugar. Combine 2 tablespoons flour, pinch of salt, 1-1½ cups milk and pour over apples. Dot with generous supply of butter. Bake at 400°F. for 10 minutes, reduce heat to 350°F. and bake until apples are tender. Cool and serve.

FRESH PEACH SHORTCAKE

1 egg
1 cup sugar
3 tablespoons butter
2 cups flour

1 cup milk
2 teaspoons cream of tartar
1 teaspoon soda

Combine unbeaten egg, sugar and butter. Add flour, sifted with soda and cream of tartar, and milk alternately. Mix until smooth. Bake in two layers at 350°F. about 20 minutes. Cool.

Peel peaches and slice. Add $\frac{1}{2}$ cup sugar, and let stand 15 minutes. Arrange peach slices on one layer of cake, top with whipped cream and serve. Sliced frozen peaches may be defrosted and used instead of fresh ones if desired. Second layer of cake may be used like any cake or served as shortcake next day.

APPLE DUMPLING

Prepare suet by chopping it fine, removing all stringy portions. Mix with an equal amount of flour and 1 tablespoon of salt to 1 quart of the mixture.

To make dumplings: Take 1 cup of prepared suet mixture, add 1 cup flour and 1 teaspoon baking powder. Add just enough water to moisten and gather into a ball. Roll lightly to about 1/8 inch thick. Cut dough in squares, place $\frac{1}{2}$ to $\frac{1}{4}$ peeled apple in each square and fold dough over apple, sealing it in. Place dumpling in a custard cup in a steamer over boiling water and steam without disturbing for 2 hours. Serve hot with sugar and cream. Makes 4 servings.

COOKIES

SOUR CREAM DROP COOKIES

2 eggs
2 cups sugar
2 cups thick sour cream
2 teaspoons soda

4 cups flour
pinch salt
1 teaspoon vanilla

Cream eggs and sugar. Stir soda into sour cream and add to egg and sugar mixture. Add flour and seasonings. Drop from teaspoon on a greased baking sheet and bake at 350°F. until lightly browned, about 12-15 minutes. This recipe is very large and may be divided.

MINCEMEAT COOKIES

~~Flour?~~
 1/2 cup shortening
 1/2 cup brown sugar
 1 egg, well beaten
 1 cup prepared mincemeat

1 1/2 teaspoons baking powder
 1 teaspoon soda
 1/3 teaspoon cinnamon or nutmeg
 1/2 teaspoon salt

Cream shortening and sugar. Add well-beaten egg and mix. Add the mincemeat, flour, baking powder, soda and seasonings. Drop from teaspoon on greased cookie sheet. Bake at 400°F. 10-12 minutes.

DROP MOLASSES COOKIES

1 cup lard	3 eggs
1 cup molasses	3 teaspoons cinnamon
1 cup sugar	3 teaspoons ginger
4 teaspoons soda	4 3/4 cups flour

Cream lard and sugar and add eggs. Beat together. Stir soda into the molasses and add to the creamed mixture. Sift seasonings and flour together and add to other ingredients, mixing well. Drop from teaspoon on a greased cookie sheet and bake at 375°F. for 10-12 minutes or until springy to the touch.



